



THP Members Only

FOOD *jonezi*
 Registered Dietitian Nutritionist

Nutrition Program & Healthy Cooking



Learn how to:

Prepare Well-Balanced Meals

Learn how to eat healthy

Prevention and Management of Diabetes, High Blood Pressure, High Cholesterol, Cardiovascular Diseases

Weight Management and Control Emotional Eating

Maternal Nutrition

Develop exercise programs tailored to your needs

Participate in Healthy Cooking and Meal Planning

Consult with a Registered Dietician Nutritionist

Join Our Weekly Nutrition Classes:

Friday, November 2nd, 9th, 16th, 30th

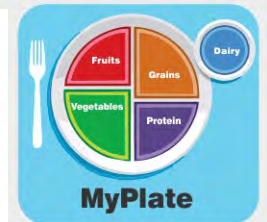
11:00am-01:00pm

Health & Wellness Outreach Center

3732 Minnesota Ave NE, Washington, DC 20019

Contact: Susan Young

RSVP: 202-821-1126



 www.trustedhp.com

  GOVERNMENT OF THE DISTRICT OF COLUMBIA
 DC MURIEL BOWSER, MAYOR
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If you need this information in English, please contact Member Services at (202) 821-1100 or (855) 326-4831, 24 hours a day, 7 days a week.

Si necesita esta información en español, por favor póngase en contacto con Servicio al Miembro las 24 horas del día a (202) 821-1100 o (855) 326-4831.

تا سکیرس ریبم تکاتونک سیلب، کبیار انا یتمروفا سید دین وی فا (855) 326-4831 را (202) 821-1100، 24 ید ا سروح.

Si vous avez besoin de cette information en français, s'il vous plaît communiquer avec les Services aux membres au (202) 821-1100 ou (855) 326-4831, 24 heures par jour.

如果 需要這個在中國的信息，請聯絡會員服務：(202) 821-1100或(855) 326-4831，每天24小時。

Se você precisar de informações em Português, por favor contacte os Serviços para Associados no (202) 821-1100 ou (855) 326-4831, 24 horas por dia

Trusted Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Trusted Health Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.